

First Look

Concert

A concert by Ronda da Madrugada, Azorean folk band, and Roldana, Portuguese folk and traditional music, is at 9:30 p.m. tonight. A concert by Xarabanda, band from Madeira Island, and Suzana Seivane, Galiza, Spain, is at 9:30 p.m. Saturday. All concerts will be held in Praia's Theater, Auditório do Ramo Grande. Tickets can be bought at the door two hours before each show. For reservations, call 295-542-688.

Talented youth

Lajes youth ages 6-18 will compete April 16 in a local talent contest. Competition categories are: vocal - male/female vocalist, vocal group; instrumental - solo, combo and group; and performing arts - musical variety, specialty, dance. A contestant may enter a maximum of two categories of competition and not more than one category per division. For more information, call Thomas Lamont at 2-1198/2-3273.

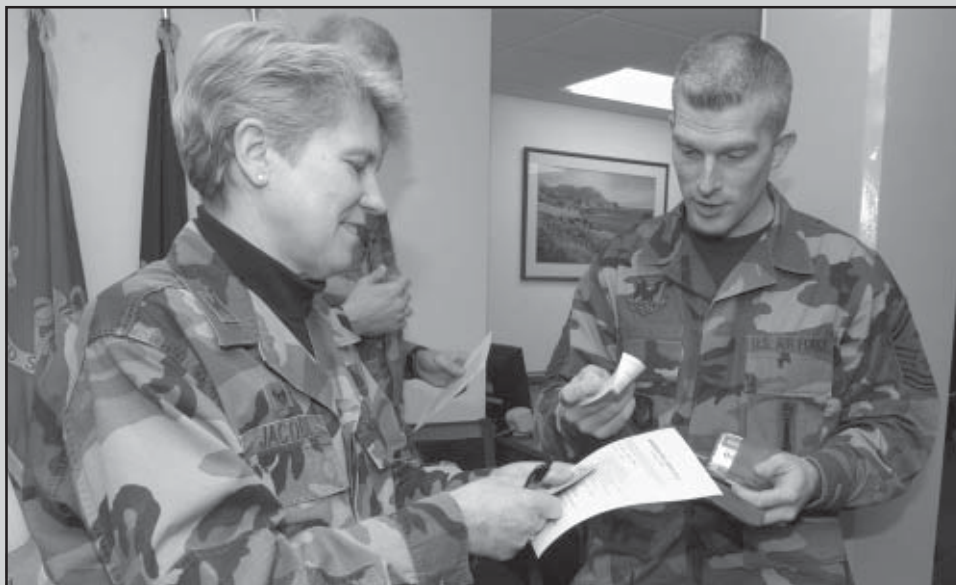
Road construction

The road between bldg. T-122 to the control tower will be closed Monday-April 9 for road construction.

Preflight

■ **Days since last DUI... 72**
 ■ **DUIs since Jan. 1..... 1**
 ■ **Current AEF 3 & 4**
 ■ **Current FPCON..... Alpha**
 ■ **Combat Nighthawk:**
Capt Robert Toney, 65th Civil Engineer Squadron;
Senior Master Sgt. Ray Johnson, 65th Security Forces Squadron; Tech. Sgt. Christopher Allen, 65th Communications Squadron

"Who's got your back?"



Col. Barbara Jacobi, 65th Air Base Wing commander, makes sure Senior Master Sgt. Robert Brooks, 65th Mission Support Group first sergeant, has his Wingman card properly filled out prior to initialing off on his checklist as part of Wingman Day, March 23. Photo by Staff Sgt. Michelle Michaud

USAFE honors its best

RAMSTEIN AIR BASE, Germany (USAFENS) – U.S. Air Forces in Europe's outstanding Airmen and civilians will be honored during the command's Annual Awards Banquet 6:30 p.m. April 8 at the Ramstein Air Base Officers' Club.

Competing in the categories of Airmen, Non-commissioned Officer, Senior NCO, Company Grade Officer, First Sergeant of the Year and Civilian – Categories I and II, the 21 nominees from Headquarters USAFE, 3rd Air Force and 16th Air Force are:

Headquarters USAFE:

Airman: Senior Airman Rachelle A. Cooper, USAFE Air Forces Europe, Ramstein Air Base, Germany

NCO: Tech. Sgt. Scotty A. Browning, USAFE Logistics, Ramstein AB

Senior NCO: Senior Master Sgt. Donald O. Bumpers, USAFE Air and Space Operations, Ramstein AB

1st Sgt: Master Sgt. Michael L. Fruend, USAFE Communications and Information, Ramstein AB

Civilian Category I: Cynthia L. Anderson, USAFE Air and Space Operations, Ramstein AB

Civilian Category II: Michael E. Rindfleisch,

USAFE AFEUR, Ramstein AB

CGO: Maj. Uduak I. Udoaka, USAFE Command Section, Ramstein AB

3rd Air Force:

Airman: Senior Airman William A. Strauss, 435th Civil Engineer Squadron, Ramstein AB

NCO: Tech. Sgt. Jason R. Theriault, 52nd CES, Spangdahlem Air Base, Germany

Senior NCO: Master Sgt. Douglas C. Isaacks, 56th Rescue Squadron, Keflavik Naval Air Station, Iceland

1st Sgt: Master Sgt. Steven L. Connors, 435th Medical Squadron, Ramstein AB

Civilian Category I: James G. McLaren, Staff Judge Advocate, Royal Air Force Lakenheath, England

Civilian Category II: Timothy D. Neu, 735th CES, Ramstein AB

CGO: Capt. Lisa M. Mabbutt, 52nd CES, Spangdahlem AB

See Awards, Page 2

E-mail saves exit time for Airmen

**By Capt Yvonne Levardi
Chief, public affairs**

In March, Team Lajes members started receiving their initial assignment briefings via e-mail, an initiative designed to get members their assignment information and requirements to produce permanent change of station orders in a more timely manner.

"People can complete their assignment briefing from the comfort of their own desk," said Master Sgt. Jeff Crouch, 65th Mission Support Squadron Relocations, Employment & Training Chief. "They will know exactly what memos, forms and other requirements are needed to produce their orders."

The new format also makes it easier for shift workers and deployed people to complete the

briefing, he said. And, people can save the briefing and refer back to it when needed.

"Our vision is to get the members' orders in hand, and then between 60 and 120 days from departure have that person attend the smooth move briefing," Sergeant Crouch said. "By having orders in hand at the smooth move, the traffic management office, finance and other agencies will be able to have outprocessing people complete their forms and documents, eliminating additional outprocessing stops."

The e-mail is detailed and full of about 2 megabytes of information and forms.

The power point presentation describes to the member how to fill out their assignment worksheet as well as the 16 other attachments, and helps the per-

son determine which forms he or she needs to complete. Each attachment is labeled with information on when and where to return it.

The e-mail format falls in line with using the virtual military personnel flight and virtual outprocessing as well as the goal of Combat Intro/Exit which is to shorten the time and stops involved in outprocessing.

"The only drawback we have seen is that some of the people who haven't PCS'd very often and folks who aren't computer savvy are struggling a little," Sergeant Crouch said. "That is where supervisors, the unit commander's support staff and the MPF come in to assist."

Sergeant Crouch said people who have questions should contact their commander's support staff.

"Your unit's CSS is staffed with personnelists just like the MPF," he said. "If the CSS can't help, they will call us for assistance. If all else fails, come by here and we can help you directly."

Sergeant Crouch said all in all the new format is promising. But, like any new product, people should be patient.

"This is new to Lajes, but not new to the Air Force," he said. "The e-mail and new process may need some tweaking from time to time and we'll do that as needed. Feedback is important. We provide a customer survey during our mass outprocessing. As members are going through this process they should write things down to include in the survey so we can continue to improve the process."

Focus notes

Bookmark contest

Artists ages 5-18 are asked to compete in the 2005 Bookmark Design Contest sponsored by USAF libraries. Doodle this and draw that around this year's National Library Week theme "Something for Everyone @ Your Library."

Designs must be black, white or grayscale.

The Lajes Base Library will select winners in four age categories: K-3, 4-6, 7-9 and 10-12 grades, and those winners will be sent on to the final USAF wide competition.

Guidelines and entry forms are available at the base library or at www.usafelibraries.org/5-6.php. Contest begins today and people must submit entries by April 30.

Expanded hours

The Sun and Sand Hut has expanded its hours to noon-5 p.m. Sun.; 6-10 p.m. Mon.; 10 a.m.-10 p.m. Tue.-Sat.

Combat Touch

AWANA T&T is at 10 a.m. Saturday at the base chapel.

One pot meals



Capt. Laurie Flagg, 65th Medical Operations Squadron, teaches a "one-pot meal" cooking lesson at the Family Support Center March 23. People learned how to cook a "Texas Skillet" and Moroccan chicken dish with couscous. All ingredients are available at the base commissary. (Photo by Airman 1st Class Josie Kemp)



Slow down, keep Lajes safe

Courtesy of the 65th Security Forces Squadron

In 2003, speeding was a contributing factor in 31 percent of all fatal crashes in the U.S., with 13,380 lives lost in speeding-related crashes.

According to the National Highway Traffic and Safety Administration, the economic cost to society of speeding-related crashes is estimated to be \$40.4 billion per year. This equates to \$7,300 per second.

Speeding reduces a driver's ability to steer safely around curves or objects in the road, extends the distance necessary to stop a vehicle and increases the distance a vehicle travels while the driver reacts to a dangerous situation. These factors are risks drivers need to assess when getting behind the wheel.

According to Staff Sgt. Jean-Pierre Lapre, 65th Security Forces Squadron, NCOIC Reports and Analysis, throughout Lajes Field, there are many posted speed limit signs indicating the speed required for travel on that specific road.

"We have too many people speeding on base. People need to be aware that European speed signs are posted in kilometers per hour, not miles per hour," he said. "Although you

might be uncertain of foreign driving standards, you're still responsible for safe and effective traffic flow to keep Lajes safe. This includes slowing down when driving."

According to Lajes Field Instruction 31-204, "No person shall drive at a speed greater than is reasonable and prudent under the prevailing road and weather conditions and without having regard to actual and potential road hazards. Each driver is responsible to use due care and caution in controlling the speed of the vehicle they are operating to avoid collision with any animal, person, vehicle or other conveyance, lawfully on or entering a roadway, parking lot, alley or other type of thoroughfare."

"We have many families here, which means there's a greater chance you'll see children and pets on the roadway," Sergeant Lapre said.

When a child or animal is visible, the driver should significantly slow down or even stop to allow them to safely return to walkways.

"We also have some areas where construction is taking place," Sergeant Lapre said. "Drivers need to slow down in these areas to negotiate the area safely without endangering construction workers."

According to the LFI, when a flagman is

present, vehicle operators must obey his/her signals.

"What it comes down to is you can travel from one side of the installation to the other in less than five minutes while maintaining posted speed limits," he said. "It's unnecessary to speed on base."

Sergeant Lapre reminds drivers that the Air Base 4 Air Police aren't hesitant to issue traffic citations for speeding violations.

"Base police will set up random speed enforcement checkpoints to catch violators," he said. "Also, if a driver is stopped for excessive speed that caused a serious breach of safety, the driver can have his/her driving privileges automatically revoked for a minimum of thirty days."

Additionally, he said, military members can jeopardize their career by administrative, non-judicial, or judicial punishment in accordance with the Uniform Code of Military Justice.

"Worst of all, someone could be injured or killed," Sergeant Lapre said. "Simply put, one injury or fatality is one too many."

The speed limit on base roads varies from 25 kph to 40 kph unless otherwise posted, and 10 kph in parking lots and access roads. For more information, refer to LFI 31-204 or call Sergeant Lapre at 2-3428.



Hunting eggs

Gavin Powers, son of Joannie and Tech. Sgt. Christopher Powers, opens up one of his Easter eggs he found during the base Easter egg hunt at the Community Activities Center Saturday. About 1,800 eggs were spread out over the CAC lawn and the Oceanview ballpark for about 150 children who came out to hunt for eggs. (Photo by Staff Sgt. Michelle Michaud)

Awards, Page 1

16th Air Force:

Airman: Senior Airman Rebecca J. Baker, 31st Maintenance Squadron, Aviano Air Base, Italy

NCO: Staff Sgt. Tina K. Jones, 31st Operations Support Squadron, Aviano AB

Senior NCO: Master Sgt. Donald P. Colbert, Air Traffic Control and Air Space Management, Aviano AB

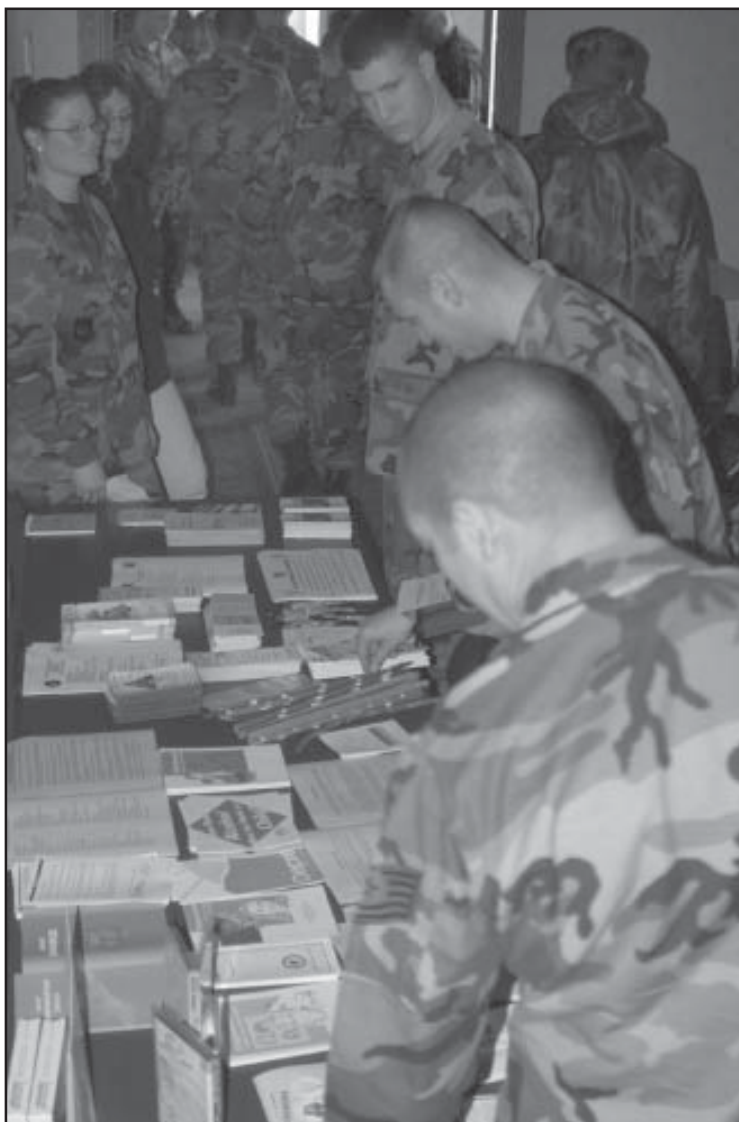
1st Sgt.: Master Sgt. Dennis L. Wingett Jr., 39th Communications Squadron, Incirlik Air Base, Turkey

Civilian Category I: Nerissa K. Atkisson, 39th Services Squadron, Incirlik AB

Civilian Category II: Robert W. Newman, Precision Measurement Equipment Laboratory, Aviano AB

CGO: Capt. Kevin J. Osborne, 31st CES, Aviano AB

To purchase tickets for the banquet, contact your wing command chief master sergeant or first sergeant.



(Above) Jasmine Levardi, daughter of Mario and Capt. Yvonne Levardi, has a cupcake at the Women's History Month Chocolate Festival at the family support center; one of many events Lajes members could bring their wingmen to during Wingman Wellness Day March 24. There were many different events for people and their wingmen to attend to reinforce the concept of Airmen taking care of Airmen. (Photo by Staff Sgt. Olenda Kleffner)

(Left) The Lajes Health and Wellness Center staff answered questions about stress, wellness and resources available from the HAWC at the Wingman Review briefing at the Top of the Rock Club ballroom. (Photo by 1st Lt. Aaron Wiley)

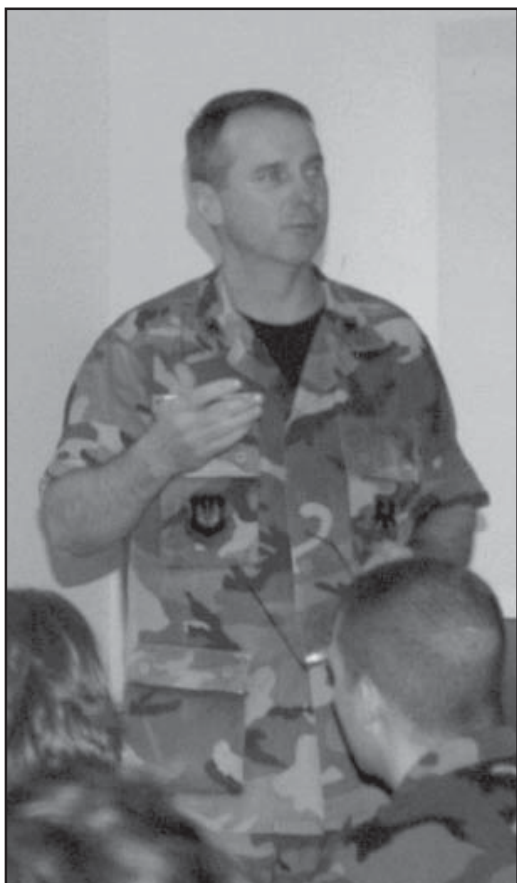
Lajes Wingmen eat, learn, get safe



(Above) Tech. Sgt. Terry Keck, 65th Operations Support Squadron Transient Alert Section Chief, displays examples of foreign object debris during the pre-brief for the Foreign Object Elimination walk the morning of March 24. (Photo by 1st Lt. Aaron Wiley)

(Right) Capt. Rich Zaler, 65th Medical Operations Squadron Family Advocacy Officer, talks to members of the 65th Comptroller Squadron about Life Skills programs and about "Wingman Awareness" or noticing when something's wrong with one's Wingman by paying attention to changes in their normal behavior. (Photo by Staff Sgt. Olenda Kleffner)





(Above) Airmen 1st Class Wade Penry and Diddy Lape, 65th Civil Engineer Squadron, eat lunch at the Oceanview Grill. Along with the grill, the Top of the Rock Club, Burger King and Frank's Franks offered a buy-one-meal get-one half-off to all Team Lajes members and their Wingmen. (Photo by Staff Sgt. Olenda Kleffner)

(Left) Col. Fred Hannan, 65th Medical Group commander, talks about the Lajes clinic's annual metrics during the Health Care Advisory Council. (Photo by Capt. Yvonne Levardi)



(Above, Left) 1st Lt. Donovan Cirino, 65th Communications Squadron, is creamed with a whipped cream pie during the Pie in the Face contest at the single and unaccompanied members' dinner, a Mexican Fiesta hosted by the 65th Security Forces Squadron, March. 24 at the Lajes base chapel. The Lajes Top 3 raised more than \$1,200 for the Air Force Assistance Fund in less than a week through votes and by raffling off who would throw the pie at the top seven nominees. After the SUM dinner, members of Team Lajes had the opportunity to invite their wingmen to the chocolate festival at the family support center and later, to Thursday night duet karaoke at the Top of the Rock Club lounge (Photos by Staff Sgt. Olenda Kleffner)

SRB list drops to 32 specialties

WASHINGTON (AFPN) — Air Force officials made significant changes to the selective re-enlistment bonus program as a result of continuing force-shaping efforts.

Based on the findings of a review in October, officials have published the latest list, which contains 32 Air Force specialties, down from 62.

The new list became effective March 24. However, decreased and deleted bonuses will take effect April 23.

"We updated the SRB list to match our current force-shaping objectives and fiscal limits," said Senior Master Sgt. Patrick Lavender, Air Force superintendent of accessions and retention bonus programs. "The SRB program is one of many tools the Air Force uses to balance the enlisted force. Recalibration of the program allows us to use the SRB as a

surgically precise retention tool."

All enlisted career fields were reviewed, including those with special duty and reporting identifiers.

The criteria used for determining which enlisted fields remained on the list included current and projected manning levels, re-enlistment trends, career field force structure changes, and career field stress levels, officials said.

Bonuses are authorized by half-point increments (or multiples) in three re-enlistment zones for Airmen with 17 months to 14 years of service.

The new list can be found at www.afpc.randolph.af.mil/enlskills/Reenlistments/reenlistments.htm.

More information can be found by contacting the re-enlistment section of local military personnel flights.

Push-ups in Bagram



Staff Sgt. Fred Cowell, deployed to Bagram with the 65th Logistics Readiness Squadron, competes with other military members at Bagram to see who could do the most push-ups in 60 seconds as part of the Berlin to Baghdad Push-Up Challenge. Sergeant Cowell won by completing 89 push-ups. All proceeds went to the Air Force Enlisted Heritage Hall. (Courtesy photo)

New program aims to improve moving process

WASHINGTON (AFPN) — Full replacement value for lost or damaged items is among several changes taking effect in October as part of a new program called "Families First" which aims to improve the moving process for military families.

"We're going to have a lot of happier campers because they are not going to be losing any money out of their pockets like they did before," said Cullen Hutchinson of the passenger and personal property office at the Military Surface Deployment and Distribution Command in Alexandria, Va.

Under the current claims process, servicemembers only receive a depreciated value for property that is lost or damaged, he said.

For example, a \$200 television that is lost or damaged might only be valued at \$100 after depreciation, he said.

With Families First, he said, "the carrier will either replace the television with a similar one or reimburse the servicemember the full cost of a new one."

Another benefit of the program is that servicemembers will now deal directly with the carrier to arrange direct delivery of household goods, thus alleviating the need for temporary storage, he said.

"What makes this even better for the servicemembers is that whenever you have temporary storage (and) more handling of your household goods, the more susceptible it is for loss or damage," Mr. Hutchinson said.

He said direct delivery will also save the services money now spent for tempo-

rary storage.

In Families First, servicemembers will file settlement claims directly with the carrier, using a Web-based claim-filing process.

"There will not be a middle man; the servicemember will be able to address the carrier directly on the issue (he or she has)," he said.

"And the carrier will have an incentive to take care of that servicemember in a positive way."

Mr. Hutchinson said servicemembers will be encouraged to complete a Web-based customer satisfaction survey that measures the performance of carriers, and that survey will become part of that carrier's record.

"If the carrier's performance is poor, then the amount of business he's going to get from the government is going to fall off or stop completely," he said. "So there is an incentive there. It's no longer a competition on cost, but it's a competition now with cost and performance."

The survey gives servicemembers a chance to influence decisions on whether a carrier continues to do business with the Defense Department, Mr. Hutchinson said.

"And that decision is going to be based on the performance of that carrier," he said.

"(The result will be) more quality carriers, which will translate into quality service for our servicemembers," Mr. Hutchinson said. "And higher-quality carriers will ultimately mean higher-quality moves."

He said efforts like Families First should help improve the quality of service in the military moving industry that carries household goods of more than 500,000 servicemembers and their families each year.

He said problems in the moving industry have plagued the services for years, and that efforts to improve the moving process have been ongoing since 1994, starting with re-engineering of the household goods process.

"The perceptions were that DOD was experiencing a very high loss and damage rate," Mr. Hutchinson said. "When we looked at the numbers, it was significantly higher than some of the corporate accounts."

In addition, he said, claim rates also were higher for military moves. While average military claims ranged around \$500, he said many corporate claims were in the range of \$100.

In the end, he said, DOD officials expect to see a "considerable decrease in loss and damage claims."

"The reason for that is that the carrier is assuming a higher liability for claims," he said. "So it's in their best interest to protect the goods better so they are not subject to this loss."

Mr. Hutchinson said the program also should ease some of the stress involved with moving.

"What we're trying to do is reduce that stress for our servicemembers so they can concentrate on more important things and not worry about (their things)," he said.



Lajes Wingmen sound off

By Col. Barbara Jacobi
65th Air Base Wing commander

I was very pleased to hear the responses Lajes wingmen gave to questions I asked them about their wingman relationships while I signed off their Wingman Wellness Day cards March 24.

As part of Wingman Wellness Day, Airmen could show any colonel on base their Wingman Card properly filled out with their wingman's name and contact information to get one of five events signed off to earn credit for participating in Lajes' Wingman Wellness Day.

Although the weather didn't want to participate, the Lajes Combat Wingman program was alive and well here. Team Lajes has truly grasped and adopted the purpose behind the Air Force's Wingman program and I'm proud of you.

Gen. John P. Jumper, Chief of Staff of the Air Force, expressed the purpose behind the program when he said, "When we join the Air Force, we become part of a

unique culture. The foundation of this 'Culture of Airmen' is our core values – integrity first, service before self, and excellence in all we do. This culture and these core values compel Airmen to take care of Airmen. We accomplish our mission as a dedicated team of Airmen committed to our core values and to each other."

Responses I got from Lajes Airmen showed me the quality relationships they'd established with their wingmen: meeting for coffee in the mornings, going to lunch together, inviting each other over for dinner and getting together for Easter.

Airmen were sending their deployed wingmen care packages and coffee mugs with pictures of the folks in their offices back home on them, expressing how much they missed them as part of the team here.

Airmen had civilians and local nationals as their wingmen and invited them to participate in the Wingman Wellness Day events and in their personal lives as well.

Team Lajes understands that Combat Wingman is not just a glorified DUI program or another item to mark off their daily to-do list.

You're taking care of each other: Airmen taking care of Airmen.

I hope your responses will inspire Team Lajes to help new Airmen here find a wingman so they can join us in honoring the USAF Combat Wingman creed:

***We are Airmen,
bound by integrity, service and
excellence.***

***We are Wingmen,
committed guardians of each
other's well-being.***

***We bring our courage to the
fight***

***as we proudly carry on the
timeless Wingman tradition.***

Team Lajes, your actions speak loudly and show you care. That's the best way for a Wingman to sound off!

LOOK SHARP!

Guidelines for the Air Force symbol placement on the light weight blue jacket

Airmen are authorized and encouraged to wear the embroidered Air Force symbol on the lightweight blue jacket. Currently, about 300 jackets have been distributed as part of a wear-testing program. Additional test-wear jackets will not be distributed and it's unknown at this time when embroidered jackets will be available for purchase.

There are several local embroidery shops and seamstresses who may be able to embroider the symbol for members of Team Lajes. Another option is to have the embroidery done while on a temporary duty or have people who are going TDY take jackets needing embroidery with them.

If there are questions regarding embroidery patterns and requirements, the digitized downloadable pattern, available at <http://www.af.mil/library/symbol/embroidery.asp>, is compatible with most embroidery

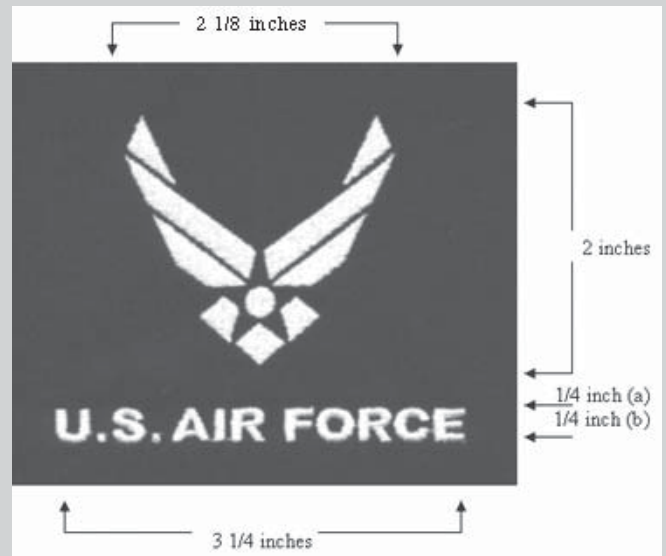


software programs used by vendors and will ensure conformity with Air Force logo guidelines and uniformity across the Air Force.

Further guidance will appear at the same website as it's available.

Specific guidance for embroidery is: The Air Force logo is to be embroidered in a polyester thread conforming to DOD Heraldic Yarn for Embroidery and Ribbon, Cable # HA White 67101 with a stiff tear-off backing. The total stitch count of the logo and lettering shall be 4,631 stitches minimum.

The Wing symbol is to fit within a 2 inch by 2 1/8 inch square. There is a 1/4 inch space between the symbol's lowest point and the top of the U.S. AIR FORCE



type (a). The U.S. AIR FORCE type is to be 1/4 inch high, 3 1/4 inches long and Berthord Aklindenz Grotesk bold extended. If Berthord Aklindenz Grotesk is not available, use all capital Arial bold font, 24 point.

The symbol is to be embroidered on the upper left chest. The dot in the center of the symbol shall be centered vertically between the shoulder seam and where the underarm side seam joins the armhole sleeve, and centered horizontally between the center zipper and the sleeve armhole seam.

Commander's Line ccline@lajes.af.mil 2-4240



The Commander's Line is your direct link to me for suggestions, kudos or as a way to work problems or issues within the 65th Air Base Wing for which you can't find another solution. Your chain of command should always be your first option - for praise or problems - but when that's not the answer, call the CC Line at 2-4240 or e-mail ccline@lajes.af.mil. Thank you!

Col. Barbara Jacobi
65th Air Base Wing commander

PT programs

Question: Recently, our squadron physical training program was revised because a majority of squadron members weren't scoring an 80 or above on the AF PT Test.

My unit implemented a three-day a week workout routine with two of those days comprised of a 2.5 mile "Indian Sprints" run with push-ups and sit-ups at the half way point.

Moreover, we are forced to run in a fast, medium or slow group, and we're to remain with the group at all times. This forces people to either increase or decrease their pace and if members leave the group, they're singled out and made to feel inferior.

Everyone has different physical abilities and limitations. Some people score 100 on the test and some score 75.

The point is the decision of how well or poor an individual does on the test should be made by the individual. Forcing an entire squadron to achieve an 80 or higher by implementing a strenuous work-out is completely detrimental to morale and harmful to the mental and physical health of unit members.

Unit members I've spoken to had no complaints about the previous PT program which let members work out and run at their own pace and increase effort at a time of their choosing.

Answer: With the implementation of the new AF Fitness Program in January '04 came many changes to the fitness expectations of our active duty population.

One change was giving responsibility of Airmen fitness to commanders.

Another change was spurred by Gen. John Jumper, Air Force Chief of Staff's, observation that as a total force, we need to improve our physical fitness due to the "growing demands of our warrior culture" from a cycling test "back to the basics of running, sit-ups and pushups." General Jumper said, "We're asking people to be fit. The fitness program is taking root throughout the Air Force, and things are getting tougher, not easier."

Furthermore, the general said the Air Force will soon start to include fit-

ness evaluations in performance reports, and the service will hold squadron commanders accountable for the fitness of their unit.

AFI 10-248, Fitness Program, was released January '04 and since then, all squadron and unit commanders across Lajes have implemented unit-specific fitness programs in line with guidelines set forth both by that and local guidance, LFI 10-3. According to instructions, it's the unit/squadron commander's responsibility to "lead the unit fitness program," which includes implementing a unit physical training program, appointing PT leaders and ensuring PTLs are trained by the Health and Wellness Center.

The HAWC trains PTLs to lead safe, standardized and successful unit PT programs.

They're also responsible for reviewing those programs to ensure Air Force standards are met.

The PT routine for your squadron was updated and approved for implementation by the HAWC on Jan. 31.

Routines are based on sound exercise principles while at the same time "encouraging and challenging members to progress to a higher fitness level" (AFI 10-248, 2.2.1.). All activities proposed in the routine meet the standards for safe, standardized and successful physical training according to regulations.

The bottom line is the mindset of the Air Force physical fitness program has changed. We are no longer just trying to meet the minimum - 75 points - as was done under PT programs in the past.

We're striving for each member to meet that minimum and progress to a higher fitness level. It's about continuous improvement. As you can see from the CSAF comments and the revised AFIs, it's a commander's responsibility to ensure the fitness of their unit.

This is done by their leadership in coordination with the professionals at the HAWC to ensure a sound, safe fitness program.

However, there should be no punitive action taken as long as the member is meeting the minimum Air Force standard and the member presents the proper image in uniform as determined by the commander.



Everyday Hero

Master Sgt.

Peggy Jett

65th Mission Support Squadron

Duty title: Family Readiness NCO

Job description: Provide information and assistance to military members and their families before, during and after deployments and TDY.

Time in the Air Force: 20 yrs, 1 month

Time at Lajes: 3yrs, 7 mos

Spouse/children/pets:

Husband, Master Sgt. Chris Jett; daughters, Megan, 16, and Caley, 14; sons Miguel, 8, and Carlos, 7; and two dogs.

What's the best aspect of your job: the satisfaction of knowing that what I do is helping people and getting to know our community on a personal level

What are your career goals: I have a few things that need to get accomplished before I leave but I am retiring in November, I've met my goals and I'm completing my military service doing a job that I love.

Best Air Force experience: It's hard to say. One might be when I was awarded \$10K through the AF suggestion program or when I deployed with the F-16's for Desert Fox and the Kosovo war/OAF. I know without a doubt that my happiest times have been here at Lajes.

Hometown: Johnson City, NY

Life goal: To have a place to call home and bring up my children in a happy and healthy environment.

Hobbies: Cooking, golf, picnics, camping

Favorite food: Pasta

Favorite color: Green

Pet peeve: People who pass judgment on others they don't even know/gossip

When I was growing up, I wanted to be: An artist and a physical therapist
If I could have only one kind of food, it would be: Shell fish

The first thing I would do if I won a \$1,000,000 is: Build a new house on our land in West Virginia.

Rules for Portuguese tickets

Question:

What procedures do the U.S. citizens stationed at Lajes Field need to follow when issued traffic citations both on- and off-base?

Answer:

American nationals assigned to Lajes who commit a traffic violation off-base such as speeding, talking on the cell phone without using a headset device while driving, illegal parking, etc, will receive a traffic citation notification from the local Portuguese Security Police via the U.S. 65th Security Forces Squadron staff translator, São Santos.

Ms. Santos will in turn notify the American driver to come to the 65th SFS and sign the traffic citation. The transgressor will have 20 duty days to pay the fine at one of the Portuguese post offices off-base.

In the case of a speeding citation, the vehicle's owner will also be asked to go to the 65th SFS and identify the driver shown in the speeding ticket's photo. If the driver cannot be positively identified, the vehicle's

owner will always be responsible and penalized by the traffic violation even if he/she was not driving the vehicle at the time.

If the traffic violation occurs on base, the citation will be sent to a staff translator at the joint Portuguese/U.S. Security Defense Coordination Center to be translated. The transgressor will then be asked to go the SDCC and sign a document acknowledging he/she was informed of the contents of the violation and the number of points issued to him/her.

The accumulation of eight points during one year period will result in the revocation of driving privileges on base for one month.

Individuals who are issued traffic citations and don't agree with them may refute those through their organization's chain of command in a letter addressed to the 65th Security Forces' Administration (65 SFA).

For more information or assistance on this subject, call Ms. Santos at 2-6177.



Portuguese traffic laws change

Below are some of the changes to the Portuguese Road Code.

1. Bicycles, vehicles pulled by animals and animals in traffic circles don't have to yield right of way.

2. Fines for speeding have increased: Light passenger vehicles or motorcycles

In residential areas:

Up to 20 km/h over the limit - 60-300 euros

20-40 km/h - 120-600 euros

40-60 km/h - 300-1,500 euros

Over 60 km/h - 500-2,500 euros

Outside residential areas:

Up to 30 km/h - 60-300 euros

30-60 km/h - 120-600 euros

60-80 km/h - 300-1,500 euros

Over 80 km/h - 500-2,500 euros

Other vehicles

In residential areas:

Up to 10 km/h over the limit - 60-300 euros

10-20 km/h - 120-600 euros

20-40 km/h - 300-1,500 euros

Over 40 km/h - 500-2,500 euros

Outside residential areas:

Up to 20 km/h over the limit - 60-300 euros

20-40 km/h - 120-600 euros

40-60 km/h - 300-1,500 euros

Over 60 km/h - 500-2,500 euros

3. The fine for passing on the right can range from 250-1,250 euros.

4. Stopping and parking on crosswalks, disregarding a solid line, disregarding the order to stop by a police agent, stop sign or red light is a serious infraction.

5. Fines for driving under the influence have increased. Blood alcohol of .05-.08: 250-1,250 euros; .08-.12: 500-2,500 euros; more than .12 BAC is considered a felony offense.

6. A Person who throws an object out of a vehicle is subject to a 60-300-euro fine.

7. Use of cell phones while driving is prohibited without a handsfree device.

8. Children under 12 years and/or less than 5 feet tall must ride in the back seat of a car, except for babies in a rear-facing safety seat, on a seat without an airbag.

9. All children under 12 years old must ride in a safety seat.

10. The vehicle identification document will be seized if the vehicle violates noise, ground or air pollution laws.

11. Use of a vehicle without current, mandatory inspection is subject to a fine of 250-1,250 euros; without liability insurance: 500-2,500 euros.

12. Operators must have a driver's license for 4-wheeled motorcycles.

13. If, during a traffic stop, a driver has overdue fines he must pay them immediately or drivers' license and title will be taken.

14. All vehicles must have a reflective safety vest in the vehicle.

15. There is no parking on sidewalks on or off base.

CROSSROADS

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Top rocks bottom



(Left) Edward Lucas, 65th Civilian Engineer Squadron, elevates above his opponents for a good look at the basket. Lucas helped the Top of the Rock basketball team crush the Bottom of the Rock team by 18 points during a Project CHEER basketball extravaganza March 25 at the Lajes High School gym that posed players from squadrons on the flight line against players from squadrons up on the hill. The Top of the Rock beat the Bottom of the Rock 89 to 71.

(Above) D.J. Jovan Thomas, 65th Medical Operations Squadron, gets the party "jumpin" at the event.

(Right) Phillip Burns II, 65th CES, and Bobby Drayton, 65th Services Squadron, spring into action to start the basketball challenge. The half-time show featured James Macfarlane, 729th Air Mobility Squadron, as he out-shot his opponents from the three-point line in a three-point contest. (Photos by 1st Lt. Aaron Wiley)



Sports briefs

Hours of operation

Chace Fitness Center

5 a.m.-2 a.m. Mon. - Fri.

8 a.m.-7 p.m. Sat. & Sun.

8 a.m.-2 a.m. down days & holidays

Fitness annex (skating rink)

6-8:30 a.m. & 4-5 p.m. Mon.-Fri. squadron/unit use only

8:30 a.m.-4 p.m. & 5-9 p.m. Mon.-Fri. general use

8 a.m.-7 p.m. Sat., down days & holidays

Exercise classes

Lajes exercise classes restructured:

Mon. - Step w/ Val, 8:30 a.m.; Spin w/ Val, noon*; Cardio w/ Val, 4 p.m.; Step w/ Val, 5:15 p.m.; Spin w/ Célia, 5:15 p.m.*

Tues. - Spin w/ Dawn, 6 a.m.*; Circuit training w/ Val, 8:30 a.m.; Cardio kick w/ Val, 5:15 p.m.; Spin w/ Val 6:30 p.m.*

Wed. - Step w/ Val, 8:30 a.m.; Step w/ Val, 5:15 p.m.; Spin w/ Célia, 5:15 p.m.*; Body-Sculpt w/ Val, 6:20 p.m.; Yoga w/ Val, 7:30 p.m.

Thurs. - Spin w/ Dawn, 6 a.m.*; Circuit training w/ Célia, 8:30 a.m.; Cardio kick w/ Val, 5:15 p.m.; Spin w/ Val 6:30 p.m.*

Fri. - Step w/ Val, 8:30 a.m.; Spin w/ Val, noon*; Cardio w/ Célia, 4 p.m.; Spin w/ Célia, 5:15 p.m.*

Sat. - Yoga w/ Val, 9 a.m.; Circuit Training w/ Célia, 9:15 a.m.*; Spin w/Val, 10:15 a.m.*

* Classes held at the skating rink

Changes made to classes:

Removed

Wed. a.m. spin class

Added

Sat. 9:15 a.m. circuit training class

Time change

6:15 p.m. spin class on Mon. and Wed. changed to 5:15 p.m.

Classes defined:

Spinning: Pedal away the stress and pounds in this high energy class. The instructor will take the class through a variety of techniques, tempos and intensities for a great cardio workout.

Step: An intermediate Step class normally ending with a short muscle conditioning segment. Beginners welcome ... with a bit of perseverance, they will soon find themselves stepping to the beat for a great cardio workout.

Cardio Kick: Kick and punch away the stress in this high energy class. Cardio segment normally followed by muscle conditioning and/or flexibility training to keep the class fighting fit.

Circuit Training: Don't worry about coordination here, for this class all that's needed is will power. A cardio and muscle conditioning work out all in one.

Yoga: Build strength and improve flexibility through a series of poses that will challenge muscles, yet leave the body feeling refreshed and energized.

Body Sculpting: An all-over conditioning class using weights, resistance bands and stability balls as well as body weight exercises that will challenge muscles and help strengthen the entire body.

Youth ball

Register by April 10 at the youth center for the April-June youth baseball leagues. Youth ages 5-18 can sign up at the youth center. Volunteer coaches and officials are needed for this program. Cost is \$25/members and \$35/non-members. For more information, call Jolene Wilkinson at 2-1197.

